

## 18th MUNS demonstrates mission readiness

By Senior Airman Jennifer Dixon  
Shogun associate editor

The 18th Munitions Maintenance Squadron put its mission of storing, packing and shipping munitions to the test last week during a Combat Ammunition Production Exercise.

CAPEX, an annual, five-day exercise, is designed to validate MUNS' ability to ship munitions anywhere the Pacific.

"Although our day-to-day mission is to support the flight line with missiles, chaff and flare, that's only a small portion of what we do here," said Maj. Ronald Samic, 18th MUNS commander. In fact, the 18th MUNS is the largest munitions storage area in the Air Force.

CAPEX 99 started with the production flight simultaneously assembling and delivering enough munitions to support 36 fighter aircraft while mobilizing enough munitions troops to support them at their deployed location.

**MUNS continued on Page 9**



Photo by Senior Airman Jennifer Dixon

Airman 1st Class Fernando Duque, 18th Munitions storage crew element, secures a pallet of MK-84 bomb fins for airlift during last week's Combat Ammunition Production Exercise.

## Base exercises intensify as PACAF inspection nears

By Staff Sgt.  
Orville Desjarlais  
Kadena Shogun editor

One of the most challenging base exercises to date included a wide variety of scenarios, the bed-down of evacuees and active-duty reinforcements, and the strike of the Y2K bug.

The exercise, held Aug. 10-13, was a culmination of many little exercises, usually held separately. "Our process has grown to another level where we're able to integrate

and track more activities simultaneously," said Lt. Col. Vic Lofton, 18th Wing Exercise and Inspections chief.

### More robust training

"We've reinvented ourselves by reorganizing how we prepare and conduct exercises. As people gain more experience with the process, they're able to help us make our exercises more robust."

Robust indeed. With a December visit by Pacific Air Forces inspectors looming overhead, Kadena is

only one more practice exercise way from a graded Combat Employment Readiness Exercise. The next base CERE is Oct. 12-15. The last time PACAF inspectors tested Kadena in a CERI, a Combat Employment Readiness Inspection, was in 1997 when Kadena members deployed to Kwang Ju Air Base, Republic of Korea. The CERI validates a unit's ability to employ, support mission tasking, and survive-and-operate in a combat environment.

To test Kadena's force protection capability, exercise inspectors simulated two incidents. One involved an aircraft incident, and the other an explosion.

Nearly every minute was used for training. During training for ATSO, which is the Ability To Survive and Operate in a hostile environment, deployable participants received chemical defense equipment training.

During past exercises, participants normally relaxed in the Schilling Community Activity Center for a couple hours, simulating an aircraft flight to their deployed location. This time, Master Sgt. Frank Deyo, 18th Civil Engineering Squadron, and two ATSO experts from

the 633rd Air Mobility Support Squadron, provided hands-on training with chemical defense equipment, to include training participants on sector sweeps, which is searching and marking the location of unexploded ordnance.

"We were maximizing every bit of time that we have devoted to a training session during exercises," Lofton said.

### Evacuating non-combatants

The exercise also included accepting incoming American dependents and civilians from another country, known as a Non-Combatant Evacuation Operation, or NEO.

"Kadena is well prepared in this area. With the help of both military and civilian volunteers, we can cope with a NEO," said Lofton.

Almost at the same time, another scenario had Kadena hosting inbound active-duty reinforcements from other bases and integrating them into the wing.

"The wing proved it can receive incoming forces and incorporate them into our normal day-to-day activities so we can boost our capability. This was important to validate because as an Air Force unit we're expeditionary in nature," Lofton said.

**Exercise continued on Page 3**



Photo by Staff Sgt. Orville Desjarlais

An 18th Transportation forklift driver gets assistance from members of the 18th Supply Squadron as they load a storage bin on a truck.



# Show your pride

Base appearance team evaluators want to see how much people care about their own facilities

**By Tech. Sgt. James Freouf  
18th Civil Engineer Squadron  
& Karen Fones  
718th Civil Engineer Squadron**

Pride of ownership is key to Kadena's success in the Sept. 20-24 Base Appearance Evaluation.

The best facilities in the command are those in which occupants have taken a personal interest and have made improvements to the facility since last year's inspection.

If your facility had an interior inspection last year, it'll have one again this year. But have there been any improvements since the last inspection? Everything from renovations to starting a recycling program counts.

Special emphasis is placed on the level of care being given to facilities, regardless of age or decor. This means little things like good housekeeping and a clean outside area are important. Self-help projects also show inspectors that you care.

This year, the Base Appearance Evaluation includes 100 percent of the following facilities, plus an additional 20 percent chosen at random:

- Support facilities, including civilian and military personnel and finance;

- Service facilities including lodging, gyms, bowling centers, the Banyan Tree Golf Course, the Schilling Community Activities Center, the Keystone Theater, the Kadena Base Library, chapels and child development centers;

- Department of Defense Schools, Army and Air Force Exchange Service stores, and the Kadena Commissary;

- All facilities or areas of multi-use buildings, unit commanders and orderly rooms.

To ensure buildings earn the highest possible marks, facility managers and building occupants can:

- Ensure all computer wires and cable are neatly bundled, not resembling spaghetti. Plastic wire ties and garbage-bag ties work well.

- Check the light switches. Grease and grime really show up against a white background.

- Check for an unsightly ceiling tiles and light fixtures with burnt-out bulbs.

- Spot clean carpet stains, re-affix base boards coming unglued and spray for bugs.

- Do the dishes. A dirty break room leaves a lasting impression.

- Recycle glass, cardboard, computer paper, white paper, cans and bottles.

For more information about how your facility can use a little extra attention, call Freouf at 634-9801, or Fones at 634-1532.

## Top 10 tips for handling Y2K

**By Brig. Gen. Gary A. Ambrose  
Air Force Year 2000 office director**

WASHINGTON (AFPN) — The Air Force is aggressively tackling the Year 2000 problem, the potential that some computers and software might be unable to process one or more dates in 2000, but the real key to Y2K success lies at the unit level, where missions are accomplished.

We must be able to perform our missions Jan. 1 and beyond, even if computers and embedded chips fail. To help folks handle the task, we have devised 10 tips for handling Y2K. I'm confident most of you are already doing these things, but take a minute to review the list.

**10.** Take a look at your Y2K team: Ensure your wing's plans and programs people are involved in Y2K planning. Continuity is important.

**9.** Review and exercise your continuity-of-operations plans: Ensure your plans cover your mission-critical processes — the ones you can't afford to shut down. Review your COOPs (something Kadena did during an exercise last week) to ensure you can get the job done even if computers fail.

**8.** Continue to scrutinize the Y2K condition of tools, systems, equipment, supplies and facilities needed to perform your missions. Contact your major command functionals or the Air Force Y2K homepage, at <http://year2000.af.mil/>, for help. Ensure you have a clear agreement regarding who is responsible (you or the contractor or lessor) for the Y2K status of equipment you lease from or provide to contractors.

**7.** Don't delay fixes while you await outside funding. Use operational risk management to prioritize your efforts and allocate re-

sources. Replacement isn't always the best Y2K fix. Look for free fixes, such as software available on the Web, but be sure to scan them for viruses first. Consider reallocating compliant equipment from lower priority functions to mission critical functions.

**6.** Determine what you don't control that could shut you down, such as off-base utilities. Tell your suppliers you expect them to deliver, Y2K or not. Ensure your COOPs cover the potential interruption of essential goods and services.

**5.** Partner with your local municipalities. Ensure your off-base partners understand the limitations on support your base can provide, should Y2K-induced disruptions occur. Review the provisions for immediate response outlined in Department of Defense Directives 3025.1, 3025.15 and 5100.46 and supplemented by the Deputy Secretary of Defense's Feb. 22 memorandum on the subject.

**4.** Bring your associate units into the loop. Associate units should be members of your Y2K team. Ensure you have considered their requirements in your preparations.

**3.** Aggressively tell the Air Force Y2K story. Execute a robust public affairs plan for Y2K to prevent crisis mentality and to reassure our deployed folks that their families will be OK.

**2.** Take a comprehensive look at your unit to ensure you can accomplish your essential missions when the clocks roll. Continue to actively review, test and revise, if necessary, your contingency plans and COOPs. Assume important systems will fail, and have resourced, tested contingency and COOPs in place.

**1.** When asked "Who is your unit's Y2K project officer?," the only correct answer is, "I am!" Continue your Y2K preparations — Jan. 1, 2000 is one suspense we cannot let slip.



Photo by Staff Sgt. Orville Desjarlais

**Masanori Kawahara, a former Imperial Japanese Navy pilot, visits the Kadena Air Park during his visit here Saturday. Kawahara flew bombing missions during World War II that paved the way for kamikaze pilots to attack following the Battle of Okinawa.**

## Retracing history

*Former Japanese bomber pilot visits Kadena, remembers fallen comrades*

**By Staff Sgt. Orville Desjarlais  
Kadena Shogun editor**

A former World War II Japanese pilot who paved the way for kamikaze pilots to strike their targets on Kadena visited here Saturday.

Masanori Kawahara, an Imperial Japanese Navy pilot, flew the exact same route he did 54 years ago to the day as a bomber pilot who cleared the way for kamikaze attacks here after the Battle of Okinawa. His last mission was Aug. 14, 1945, one day before the last day of World War II.

Even though Kawahara has made the two-hour flight to Okinawa 10 times during bombing missions, Saturday was the first time he ever landed on Kadena, a base he bombed four or five times.

In the early 1940s, Kawahara was taken from a university as a student and trained to be a pilot. He was made a lieutenant in the 901st Tactical Air Wing. Although he said his flying missions were routine, they were anything but. Nearly every member of his unit became a casualty. The 901st TAW was charged with bombing areas over Okinawa and the Philippines to clear the way for kamikaze pilots who flew their bomb-laden planes on one-way missions against the enemy.

On a different mission, the 901st TAW predominately bombed Okinawa flight lines and would leave before the kamikaze flights from mainland Japan arrived.

Kawahara was given a tour of the Kadena Peace Garden and the Japanese aircraft shelters that once housed suicide planes originally stationed on Okinawa (not the ones Kawahara flew to support). During the battle of Okinawa, the Japanese launched 74 rocket-propelled "Onka" (suicide) planes from these very same shelters. They attacked American ships, sinking one destroyer and damaging several others.

The 76-year old says it has been his dream to one day visit here to honor the war dead.

"I can't say in one word how I feel," said Kawahara. "I've carried these feelings my whole life and have never forgotten my friends who have passed away."

Exercise, continued from Page 1

## Testing for Y2K

The exercise included testing the base's contingency plans for Y2K, the Year 2000 computer problem that is predicted to occur at the turn of the new millennium.

"We took different aspects of the base's Y2K contingency plan and created incidents that would test the impact of having to resort to that plan," said Lofton.

Lofton said something as simple as an on-again, off-again telephone is a challenge. "It's easy to deal with a telephone that's not working, but when it's only operational some of the time, it's more of a challenge to figure out the solution. And this is something that is could happen."

## Get ready

Lofton said this was Kadena's most ambitious exercise to date and to expect more of the same in October as the base continues preparations for the upcoming CERI. All 18th Wing units are critical to success.

Lofton said, "We want squadrons to do a lot of internal unit training. We need to test ourselves to see how we do. We have one chance to get this right in October before the graded test in December.

"New arrivals to the base need to be taught basic response actions to different alarms and the proper wear of their chemical defense ensemble. We don't want to have to take a time out because we have to teach people how to wear their mask correctly. We don't have time to provide that basic training. We have to work on integrating our units so that we're an effective combat team. We're going to need a lot of help from every Kadena Team member to make that happen."



Photo by Senior Airman Jennifer Dixon

## Bird Bath

In an effort to combat corrosion on the static aircraft at Building 10, a group of Kadena airmen got together to give the birds a bath.

From left to right: Staff Sgt. Greg Passig, 18th Contracting Squadron; Airmen 1st Class Daniel Swanson and Angela Sauro, 18th Munitions Squadron; Airman Daniel Starling, 18th Transportation Squadron; and Airman 1st Class Danilo Armand, 18th MUNS, scrub the dirt and sea salt off the F-15E Eagle.

# Spouses offered scholarships

WASHINGTON (AFA) – Thirty \$1,000 scholarships are available to spouses of Air Force employees for undergraduate or graduate study for the spring semester.

The Aerospace Education Foundation and Air Force Association scholarships are made possible through contributions from Air Force Association members and chapters.

In 1998, three people from Kadena won AEF Spouse Scholarships — that's 10 percent of AEF

Spouse Scholarship awards Air Force-wide.

Scholarships may be used to pay for any reasonable cost related to pursuing a degree. Checks are sent directly to recipient schools. Scholarship recipients are determined by the following selection criteria and eligibility:

- Proof of acceptance into accredited undergraduate or graduate degree program
- Three letters of recommendation

• Verification of spouse status from your Military Personnel Flight, first sergeant, or commander

• Minimum grade point average of 3.5 in college. A high school GPA is accepted only if the current semester is the individual's first college semester

• Two-page, double-spaced, description of academic goals and community service

Spouses of Air Force active duty, Air National Guard or Air Force Reserve members; however,

spouses who are themselves military members are not eligible.

Applications for spring 1999 will soon be available in the Kadena Education Office, or by calling the Aerospace Education Foundation's fax reply service (800) 232-3563 document # 0870. Applications are due to the Aerospace Education Foundation by Oct. 31.

More information on this benefit can be found on the Internet at: <http://www.aef.org/sg4.html> You can also e-mail to AEFStaff@aef.org

## BRIEFS

### Health and Wellness Center moves to Building 428

The Kadena Health and Wellness Center has moved to the Bldg. 428, the former base dental clinic. The center is now responsible for the cycle ergometry program, which was formerly held in the Risner Fitness Center. It also offers classes in tobacco cessation, nutrition, weight management, healthy cooking, fitness and more.

The center is open from 7 a.m. to 4 p.m., Monday through Thursday. For more information, call 634-2499.

### Support group changes command Aug. 27

An 18th Support Group change-of-command ceremony starts at 9 a.m., Aug. 27, in Building 3660, the 961st Airborne Air Control Squadron maintenance hangar. Parking will be reserved for distinguished visitors only. All others attending must ride a shuttle bus. The shuttle bus pick up points are Chapel 1 and the Kadena NCO Club parking lot (entrance facing Arnold Avenue) at 8:30 a.m.

### Housing office closes for official function

All family housing offices and self-help fur-

nishing warehouses at Kadena, Camp Courtney and Camp Kinser will close from 11 a.m. to 4:30 p.m., Aug. 27, for an official squadron function. For more information, call your nearest housing office.

### Foster housing office stops operations Sept. 1

The Foster Housing Office located in Building 367, Foster Towers, will terminate operations on Sept. 1. For more information, call the Kadena Housing Office at 634-1427.

### Testing room use limited

The Kadena Education Center's testing room will accomplish only professional military education testing and distance learning college exams while the room is under renovation until Sept. 10. For more information, call 634-1500.

### AAHA meets Saturday

The African American Heritage Association/Black Heritage Committee will meet at 4 p.m., Saturday, in the Banyan Tree Club. For more information, call Veronica Berry at 633-0286.

### Library closes two Mondays

The Kadena Base Library will be closed two

Mondays: Aug. 30 for maintenance, and Sept. 6 in observance of Labor Day. For more information, call the library at 634-1502.

### MPF to close Aug. 27

The Kadena Military Personnel Flight will close 7:30 a.m. to noon, Aug. 27, for a change of command ceremony. For more information, call 634-3614.

### VA representative available

A Veteran's Administration representative is available on Kadena from 7:30 a.m. to 4:30 p.m., Thursdays and Fridays. The VA rep, Kathy Hurst, can also be reached Monday through Wednesday by calling Foster Family Services at 645-3473.

### Kadena Top-3 meets monthly

All master sergeants and above are invited to attend Top-3 meetings at the Rocker NCO Club the last Friday of each month at 2:30 p.m. For more information, call 634-3020.

### Correction

The Kadena NCO Academy was wrongly identified as the Kadena NCO Leadership School in the Aug. 13 Kadena Shogun. The name changed in 1991.





# The Korean Peninsula

## North Korean threat hasn't diminished over time

By Douglas J. Gillert  
American Forces Press Service

**Editor's Note:** This article is the second half of a story on the North Korean threat.

WASHINGTON — Gen. John Tilelli Jr., U.S. Forces Korea commander, also commands the Combined Forces Command and serves as commander in chief of United Nations Command. He said the threat from the North hasn't diminished over time. North Korea has made steady progress in its surface-to-surface missile capability, he said, and existing SCUD missiles allow North Korea to target all of South Korea.

In August 1998, North Korea launched a two-stage missile, the Taepo Dong 1, revealing its growing offensive capability. The launch demonstrated that the North now threatens Japan and U.S. bases located there as well, Tilelli said. He said the North continues on a course of developing longer range missiles that may threaten other nations in the region, as well.

American intelligence assessments confirm North Korea also could launch chemical weapons against the South. Virtually all North Korean fire support systems can deliver chemical weapons, and the North has chemical defense units and trains for operations in a chemical environment.

### North Korean troops prepared

Tilelli said U.S. Forces Korea also is well equipped and trained to operate in a chemically contaminated environment. "With adequate warning time, we would be able to mitigate the impact of a chemical strike," he said. "However, in a surprise attack scenario, chemical munitions

would present a significant operational difficulty to military forces and greatly affect the South Korean people."

Tilelli said he believes, however, that North Korea probably wouldn't use biological weapons unless it could protect its own forces. Nonetheless, U.S. Forces Korea was one of the first organizations to begin anthrax inoculations in September 1998 after Defense Secretary William S. Cohen made the shots mandatory across DoD. "The men and women serving in Korea understand that should an adversary employ an anthrax agent, we would not have time to inoculate the force," Tilelli said. "So this is a prudent step."

### Overwhelming response to attack

Any North Korean attack of the south would be met with an "overwhelming" response from the combined ROK-U.S. forces, Tilelli said. He said the combined forces have demonstrated "the appropriate military response" during past provocations and offer the right mix of capabilities to repel any attack.

"U.S. forces bring a range of intelligence gathering, command and control and precision strike systems to the alliance," Tilelli said. "Factor this in with the approximately 700,000 South Korean members of the armed forces, and the Command stands strong and ready to deal with the formidable North Korean military machine."

About 35,700 U.S. service members are assigned to Korea at any given time. Another 4,000 civilian employees are stationed there. Components include the Eighth U.S. Army, Seventh Air Force, U.S. Naval Force Korea, U.S. Marine Forces Korea and Special Operations Command-Korea. Major subordinate units include the 2nd



Photo by Senior Airman Jeffrey Allen

Staff Sgt. Meegan, United Nations Command Security Battalion/Joint Security Area (UNCSB/JSA), Scout Platoon, patrols the Demilitarized Zone (DMZ). Scout Platoon conducts patrols of the DMZ on a regular basis.

Infantry Division, 8th and 51st Fighter Wings, 19th TAACOM and signal, military police and intelligence brigades.

Some 4,200 Korean soldiers serve with Eighth Army units as fully integrated members. "We couldn't do the job without them," Tilelli said.

In addition, the Navy's 7th Fleet and 3rd Marine Expeditionary Force on Okinawa train and exercise with USFK units year-round.

Training in Korea differs from what you'd find, for example, at Fort Hood, Texas. "We operate in a combined command where two languages, two military structures and two cultures work side-by-side," Tilelli explained. "Fundamentally, we train 'joint and combined' every day. We strengthen the ROK-US alliance as we work and train together as one team."

### Must maximize training

Tilelli said the United States must be sensitive to host-nation conditions, as well, in Korea. "Korea has become increasingly urbanized in the last 10 years, and there are few available ranges and areas where we can operate and train unencumbered," he said. "Both ROK and U.S. forces must work out range schedules thoroughly so we maximize the available training areas."

That said, training is nearly constant for Korean-based American units, leading to a high state of readiness, the general said. The 95 percent annual turnover rate requires training plans that meet individual and collective unit readiness objectives.

"We are able to fire our weapon systems, dive our tracks and fly our helicopters on average more than many Continental United States-based units," he said. "In essence, our units are constantly training to ensure they are ready to fight and win."

North Korea's unpredictability strengthens the ROK-U.S. alliance," Tilelli said. "This alliance has stood the test of time," he said. "We gather strength from the knowledge that an unpredictable North Korea is poised in a threatening and offensive stance just a few miles away."

During a visit to the DMZ in January 1998, Defense Secretary William S. Cohen called Korea "perhaps hottest flash point in the world. As long as tensions remain high, we have to have a strong deterrent."



# State of command is one of recovery

## Gen Gamble prepares people for future of air operations

By Staff Sgt. Christopher J. Haug  
Pacific Air Forces News Service

HICKAM AIR FORCE BASE, Hawaii (PACAFNS) — In the wake of the largest air battle in recent history for the U.S. Air Force, Gen. Patrick K. Gamble, the Pacific Air Forces commander, is preparing his people for future air operations.

Due to the Kosovo operations, Gamble said the state of the command is one of recovery from a significant increase in operations tempo.

"Just as we were getting ready to make the transition to the Aerospace Expeditionary Force modules, along came a real-world contingency. For our Air Force, it was tantamount to a major regional conflict in terms of all the forces that we put to work," Gamble said.

At the peak of Operation Allied Force, the Air Force deployed 17,000 people overseas into the conflict area. They worked long hours. So did the people who did not deploy, who had to make up for their absence.

"Our people are proud and ready, but tired," Gamble said. "Gen. Michael Ryan, (Air Force Chief of Staff), has said we need to come back now that the job is done, and reconstitute. We've got to

*"The up-side to the Kosovo conflict is that it gave us some lessons learned that will assist us in refining command and control, communications, scheduling, and mobility operations for the AEF"*

absorb all those new people out of the school house that are backed up — get them their initial training — get their qualifications completed, and then get us all settled down to a normal peacetime tempo again."

Gamble estimated it might take six months before the entire Air Force could get back to a normal rhythm.

### Kosovo

Despite the impact Kosovo had on the Air Force, it did not delay the implementation of the Expeditionary Aerospace Force and its 10 AEF modules beginning this fall.

"The pre-

*"Just as we were getting ready to make the transition to the Aerospace Expeditionary Force modules, along came a real-world contingency."*

Gen. Patrick K. Gamble  
Pacific Air Forces commander



dominant driver in sticking to the schedule is that the Expeditionary Aerospace Force concept was designed to reduce tempo... spread it out, improve activity, predictability, and add stability across the force," Gamble said. "We need to get on with it."

"Despite the demands Kosovo made on the Air Force, the staffs in Washington and at the MAJCOMS have continued to work and refine the EAF process along the way. They have more clearly defined the transition process, which I think is going to enhance the success of the program once it kicks off."

"The up-side to the Kosovo conflict is that it gave us some lessons learned that will assist us in refining command and control, communications, scheduling, and mobility operations for the AEF," Gamble said.

The general said Kosovo highlighted the Air Force's improving ability to respond to a major regional conflict quickly and seamlessly using the total force of the active duty, Guard and Reserve.

"As we go to the EAF, we need to make sure we have integrated the Guard and Reserve units fully into each one of the 10 AEFs," Gamble said. "They are being asked to assume the same level of responsibility as the active force and need the same training and expertise in order to do it."

If not, the AEF modules will get out of balance, according to Gamble. "If some grow strong, and others don't, then the concept becomes dysfunctional."

"So the tactics, exercising, and training that we have to go through have to bring us all up to the level where we can execute properly," he said.

Gamble emphasized that if two AEFs are tapped to go to Korea to cover an exercise, then they also need to be able to fight in that theater right along with the peninsula units that are fully committed to Korea.

AEF rotations will provide a good opportunity to train in all theaters.

Because AEF modules will be deployable worldwide at a moment's notice, units that traditionally train for European conflicts also will now be able to train for Pacific conflicts.

And, units that train for Pacific conflicts will

now train for European conflicts as well.

In fact, "by the time we go through three years, which is two full AEF cycles, it may very well be that most of our Guard, Reserve, and active units will all have had a chance to experience operations in both theaters," Gamble said. "This is the side benefit to the concept. Through it, we'll all become more worldwide effective."

### Korea

The general said he was concerned that "some people in the Air Force might forget about Korea still being a very dangerous place" in the world.

He said the North Koreans currently have 500,000 army troops on the border ready to go forward. Their forces and equipment are such that if they launched an attack it "would be as violent and as all-out as when we were facing Soviet troops across the inner-German border."

"At the same time," Gamble said, "Korea continues to be an enigma. While we were watching them play bumper boats in the Yellow Sea and carefully watching all those forces postured across the Demilitarized Zone, there continued to be goodwill signs such as the pedestrian travel back and forth across the border."

He said this "gives us cause for hope because the interaction between the two countries in this way has been positive ... as much as ever before. We want to continue in that direction and lessen tensions."

"I don't know what is going to happen in Korea," he said. "But, the bottom line is — I think Korea is the most dangerous place around ... certainly for PACAF and U.S. Pacific Command."

"We have not and cannot back away one inch from the level of readiness in Korea that we've had ever since the armistice," Gamble said. "There is a lot at stake if we get Korea wrong. We must be ready to react there quickly when called on. We have a U.S. Army division on the ground. We've got two U.S. Air Force bases. And, we have thousands of U.S. civilians there including dependents."

(Continued next week)

## THE KADENA SHOGUN

18th Wing commander .....Brig. Gen. James B. Smith  
Public Affairs chief .....Lt. Col. Brian Hoey  
Editorial staff  
Superintendent, Public Affairs .....Master. Sgt. Stefanie Doner  
Editor .....Staff Sgt. Orville Desjarlais  
Associate Editor .....Senior Airman Jennifer Dixon

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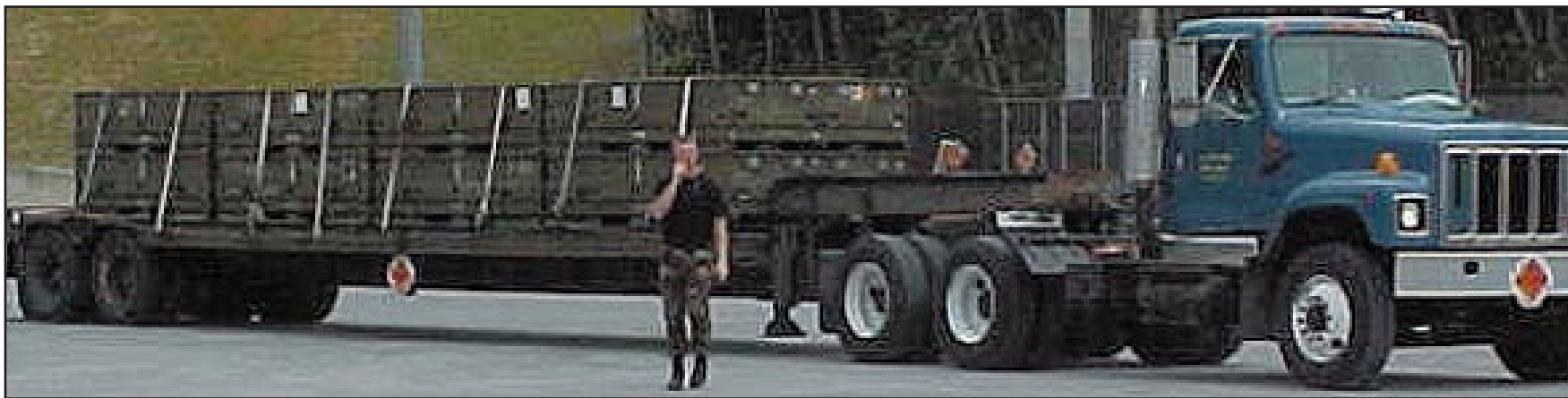
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Tech. Sgt. William Wilkinson, inspections element NCO in charge, radios to a 55-ton forklift driver that a new load of munitions has arrived for packing.

## MUNS graded on munitions shipping preparation

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While the production flight mobilized, the materiel and maintenance flights prepared more than 100 missiles for shipment by air and more than 2,000 bombs and 500 missiles with their associated components for shipment by sea, according to Capt. Michael Lassen, 18th MUNS Materiel Flight commander. None of the munitions were actually shipped; instead, they were moved within the MUNS area itself to simulate shipping.

They also simulated shipping thousands of other munitions like chaff — cans full of tin foil that are shot from an aircraft flinging tiny pieces of tin foil in the air to deter enemy radar; flares — shot into the air to deter heat seeking missiles; and squibs — small explosive charges attached to the hooks that hold the bombs to the aircraft that, when set off, force the hooks to release the bombs.

"This CAPEX gave us an opportunity to practice our war-time mission," said Samic. "We have to get our folks efficient in stuffing international organization for standardization (ISO) containers, tying down airlift assets and prepping those things to get them out to the units that need them."

The 18th MUNS was evaluated on two areas — preparation for airlift and preparation for water shipment, according to Lassen.

The airlift portion of the exercise was centered on pallet building. The crews were evaluated on how well the pallets were stacked and rigged, safety, and the speed with which they were built. CAPEX 99 included a new twist, six real-world C-130 missions transported munitions assets to their forward locations.

The sea shipment was broken down into two basic areas for CAPEX.

According to the war plan, the first sea shipment is sent out in standard palletized loads. The 18th MUNS prepared more than 600 bombs and missiles for this shipment. All shipments after that were shipped out in ISO containers. This was a three-part operation. First, crews took the munitions out of storage. Second, the wood fabrication shop built wooden braces to block the munitions in place inside the ISO containers. Third, crews loaded the ISO containers with the munitions and blocking and bracing.

This was a very time-consuming job, mainly because of the care needed when doing it. The forklift operator, two spotters and blocking-and-bracing person were all aware of the danger in working with munitions and knew the containers must be packed perfectly so the munitions don't move inside the containers during shipping.

"We're practicing exactly how we would go to war," Samic said. "That's why we're here."

According to Lassen, the 18th MUNS completed their mission and the exercise.

"From the PACAF headquarters standpoint, CAPEX 99 was a huge success," Lassen said.



Photos by Senior Airman Jennifer Dixon

**ABOVE:** Senior Airman Brian Applegate, storage element crewmember, uses a 10-ton forklift to nudge a pallet of munitions to the back of an ISO container, while Airman 1st Class Shawn Oliveria, another crewmember, keeps an eye on the operation.



**LEFT:** Senior Airman Juan Borja, storage element crewmember, maneuvers a 55-ton forklift to load a full ISO container on the truck as Staff Sgt. Todd Holdman, another crewmember, navigates from trailer level.



# What's Happening?

Editor's note: This week's Off Duty page provides one-stop shopping for people interested in what to do on Kadena and around Okinawa during August.

The following is a commonly used list of telephone numbers for this week's off duty activities:

Schilling Community Activities Center — 634-1387  
Kadena Family Support Center — 634-3366  
Kadena Information, Tickets and Tours — 634-4322  
Kadena Arts and Crafts Center — 634-1666  
Kadena Base Library — 634-1502  
Banyan Tree Club — 634-0644  
Rocker NCO Club — 634-0740  
Officer's Club — 632-6071  
Busena Terrace Resort Hotel — 098-051-1333  
Southeast Botanical Garden — 939-2555  
Ryubo Department Store — 867-1171  
Mitsukoshi Department Store — 869-4115  
Prefectural Folk Theater — 866-2341

## Off-Base

### Exhibitions

**Through Aug. 31:** *Eco Amusement World Bug's Wonderland* — Southeast Botanical Garden — ¥1,200 for ages 16 and up, ¥700 for ages 3-15, Free for under 2 — tickets sold at Kadena ITT.  
**Through Aug. 22:** *Bank of Ryukyu presents bingata design exhibition* — Ryubo Department Store seventh floor — 10:30 a.m. to 8:30 p.m. — Free  
**Through Aug. 24:** *Glass grafts exhibition* — Mitsukoshi Department Store sixth floor — 10:30 a.m. to 8:30 p.m. — Free.  
**Aug. 26-30:** *Chagall, Marc painting exhibition* — Mitsukoshi Department Store fifth floor — 10:30 a.m. to 8:30 p.m. — Free

### Dining/Shows

**Through Sept. 30:** *Ramada Renaissance Okinawa, Hawaiian Night Asian buffet and dinner show* — Renaissance Hotel — shows at 6:30 and 8:30 p.m. — ¥5,250 in advance, ¥6,006 at the door, half price for children under 12 — 965-0707 for more information.  
**Through Sept. 30:** *The Night Away* — Busena Terrace Resort Hotel beachside deck — ¥11,000 — stylish dining and cruise.  
**Through Sept. 30:** *Monsoon Cafe Garden Restaurant* — Southeast Botanical Garden — open every day 10 a.m. to 10 p.m.

### Music/Dance

**Aug. 22:** *The Reggae Sting Japan Tour '99* — Sun Marina Hotel — 3-7:30 p.m. — ¥6,500 advance, ¥7,000 at the door — tickets available at Teruya Music Store and Book Box Hamby — 965-2222 for more information.  
**Aug. 24:** *Kariyushi Ryukyuan dance performance* — Prefectural Folk Theater — 8 p.m. — ¥2,000 advance, ¥2,500 at the door.  
**Aug. 27:** *Violin Concert* — Pallet Folk Theater — 4-7 p.m. — Free — 866-3253 for more information.  
**Aug. 29:** *A.R.K. Junior Ensemble concert* — Sugar Hall — 2-4 p.m. — ¥1,000

for adults, ¥700 for students — 854-1313 for more information.  
**Aug. 29:** *'99 Yamaha Okinawa Music contest* — Pallet Folk Theater — 4-8 p.m. — ¥500 — 854-5503 for more information.  
**Aug. 31:** *Kariyushi Ryukyuan dance performance* — Prefectural Folk Theater — 8 p.m. — ¥2,000 advance, ¥2,500 at the door.

### Festivals

**Through Aug. 31:** *American Food Fair and Beer Festival* — Busena Terrace Resort Hotel — 5:30-9 p.m. every night — ¥1,000 for one-dish meal, ¥4,000 for full-course meal — live country music performed weekends only.  
**Aug. 21-22:** *Kunigami Village Festival* — Kunigami Village Athletic Grounds — 1-9 p.m. — 098-041-2101 for more information.  
**Aug. 21-22:** *Nakijin Village Festival* — Nakijin Athletic Field and Nakijin Bullring — 3-9:30 p.m. — 098-056-2101 for more information.  
**Aug. 27:** *Cosmic Harmony Festa* — Okinawa Civic Hall — 6:30-9 p.m. — ¥2,000 — 939-0022 for more information.  
**Aug. 28-29:** *The 44th Okinawa Islandwide Eisa Festival in conjunction with Orion Beer Festival '99 in Koza* — Okinawa City Athletic Grounds — starts at 4:30 p.m. Aug. 28, 3 p.m. Aug. 29 — 939-1212 for more information.  
**Aug. 29:** *The 11th Yaeyama Island's Folk Song Festival* — Naha Civic Hall — 7-9 p.m. — ¥1,500 — 867-2292 for more information.

### Tours

**Fridays in August:** *Sunset Cruise* — Kadena ITT — sailing on the East China Sea — 6-8 p.m. — meet at Kadena Marina  
**Aug. 22:** *Shuri Castle and Ryukyu Kingdom* — Kadena ITT — 9 a.m. to 4 p.m. — bring yen for lunch  
**Aug. 25:** *Glass Bottom Boat at Yomitan Beach* — Kadena ITT — 9 a.m. to 4 p.m. — bring beach gear and yen for lunch  
**Aug. 28:** *Bath House* — Kadena ITT — 10 a.m. to 4 p.m. — enjoy herbal baths, whirlpools, saunas, facials, and mas-

sages — approximately ¥2,000 for facials, ¥3,000 for 45-minute massages  
**Aug. 28-30:** *Izena Island Weekend Getaway* — Kadena ITT — tour includes a two-night stay, breakfasts, dinners, island tour and sunset cruise — bring yen for lunches and purchases  
**Aug. 29:** *Naha shopping* — Kadena ITT — 10 a.m. to 4 p.m. — tour Kokusai Street, one of Okinawa's most popular shopping districts — bring yen for lunch and purchases  
**Sept. 3:** *Hawaiian Luau* — Kadena ITT — 7-10:30 p.m. — sponsored by the Renaissance Resort — bring yen for specialty drinks

### International tours

**Sept. 3-6:** *Kagoshima Getaway* — Kadena ITT  
**Sept. 4-7:** *Hong Kong* — Kadena ITT  
**Sept. 5-11:** *Bangkok and Chiang Mai* — Kadena ITT  
**Oct. 8-11:** *Nagasaki* — Kadena ITT  
**Dec. 26 through Jan. 3:** *The Millennium in Bali* — Kadena ITT

## On-Base

### Officers Club

**Mondays**  
• *Flashback Retro 80* — Weekender Lounge — 8-10 p.m.  
**Tuesdays**  
• *All-You-Can-Eat Free Pizza* — Weekender Lounge — 5-7 p.m.  
**Wednesdays**  
• *Variety music* — Weekender Lounge — 8-10 p.m.  
**Fridays**  
• *High Energy with Rob* — Weekender Lounge — 8 p.m. to 2 a.m.  
**Aug. 30:** *Membership Night* — Ballroom — 5-7 p.m. — members and spouses or one guest can enjoy a complimentary buffet — winners of the drawing will be called Aug. 31

### Rocker NCO Club

**Sundays**  
• *All that Jazz* — Lounge — 4-8 p.m.  
• *Back in the Day* — Old school and soul music — Lounge — 8 p.m. to midnight  
• *Sunday Brunch* — children under 5 eat free  
**Mondays**  
• *Country Music and Karaoke Sing-Along* — Lounge — 7 p.m. to midnight  
• *Monday Family Night* — members receive 20 percent off evening meals when dining with their family.  
**Tuesdays**  
• *Deja Vu Super 70's and 80's Variety and Classic Rock* — Lounge — 8 p.m. to midnight  
• *Boss and Buddy Night* — after 4 p.m.  
**Wednesdays**  
• *Ladies' Night* — Lounge — 8 p.m. to midnight  
**Thursdays**  
• *Jazz Music* — Lounge — 5-8 p.m.  
• *Rhythm and Blues* — Lounge — 8 p.m. to 1 a.m.  
**Fridays**  
• *Request Variety Top 40's* — Lounge —

5 p.m. to 2 a.m.  
• *Super Social Hour* — Lounge — 5-6 p.m.  
• *Rhythm and Blues* — Ballroom — 10:30 p.m. to 3 a.m.  
**Saturdays**  
• *Variety music* — Lounge — 8 p.m. to 2 a.m.  
• *Rhythm and Blues* — Ballroom — 10:30 p.m. to 3 a.m.  
**Aug. 21:** *Woodstock 30th Anniversary Party* — Lounge — 8 p.m. to 2 a.m. — music by "Cry Wolf," Woodstock trivia contest, framed original issue Woodstock ticket giveaways  
**Aug. 21:** *Variety singing group "Ultimate Satisfaction"* — Ballroom — 10 p.m. to 1 a.m. — followed by rhythm and blues and hip hop dance music until 3 a.m.  
**Aug. 23:** *Karaoke Wheel of Song Contest* — Lounge — 7 p.m. — open to first ten contestants  
**Aug. 26:** *Gourmet dining* — Morrell Room — 6 p.m. — \$27 per guest — reservations taken at customer service — limit two reservations per membership card — call for menu  
**Aug. 29:** *Jazz band "Fast Forward"* — Lounge — 4-8 p.m.  
**Sept. 1:** *Membership Appreciation Night* — 5-7 p.m. — complimentary steak or chicken buffet — vendor prizes, cash drawing, variety music — limited seat — no children

### Banyan Tree Club

**Sundays**  
• *80's and 90's variety music* — Lounge — 8 p.m. to close  
• *Sizzlin' Sunday Stampede* — 2-6 p.m.  
**Tuesdays**  
• *Absolute Alternative Music* — Lounge — 8 p.m. to close  
**Wednesdays**  
• *Ladies' Night* — Lounge — 8 p.m. to close  
**Thursdays**  
• *Country Music* — Lounge — 8 p.m. to close  
**Fridays**  
• *Listen to Retro Rock* — 70's and 80's music — Lounge — 5-8 p.m.  
• *Freaky Friday Social Hour* — Lounge — 5-7 p.m.  
• *Underground Vibe* — blend of house, techno and trance music — Lounge — 8

p.m. to close  
• *Rhythm and Blues and Hip Hop music* — Ballroom — 9 p.m. to close  
**Saturdays**  
• *Rhythm and Blues blend* — Lounge — 8 p.m. to close  
• *Request 90's variety music* — Ballroom — 9 p.m. to close  
**Aug. 28:** *Austin Powers Party* — Ballroom — 9 p.m. to 5 a.m. — blend of 60's and 90's music — Austin Powers Look-A-Like contest

## Gatherings

**Aug. 27:** *Back to School Block Party* — Schilling Community Activities Center.  
**Aug. 28:** *Family Karaoke Night* — Schilling Community Activities Center ballroom — 5 p.m. — Free  
**Sept. 2:** *Underwater photography slide show* — Kadena Arts and Crafts Center — 6 p.m. — feature photos taken by underwater photographer John Chandler of Okinawa's outer islands — free  
**Sept. 4:** *Labor Day Beach Blast* — Torii Beach — noon to 6 p.m. — live music, food, kayak races, volleyball tournament, and other family activities. The alternate location in case of bad weather is the Torii Station Coral Cove Club — 644-4730/5306 for more information

## Dining

**Thursdays:** *Kid's Night at Gater's* — save 50 percent on all orders from children's menu — for children 12 and under  
**Sept. 2:** *Gater's one-year anniversary* — free piece of anniversary cake and gater juice while supplies last — birthday people receive their meal free.

## School

**Through Aug. 20:** *Back to School Sale* — Kadena Arts and Crafts Center — 10 percent off drawing and art supplies and acrylic paints.  
**Aug. 31:** *Greatest End of Month Sale* — Kadena Arts and Crafts Center — 10-30 percent off selected items.

## Classes

**Mondays:** *Health First class* — Kadena Health and Wellness Center — 5 p.m. — receive a card for free over-the-counter medication for use at any military pharmacy islandwide and a free Health Wise Handbook on selfcare — call the HAWC by the Friday before to register

## Chapel

The Kadena Chapel community offers services according to the following schedule:

### Catholic

**Saturday**  
4 p.m. — Chapel 2 — confessions  
5 p.m. — Chapel 2 — Mass  
**Sunday**  
8:45 a.m. — Chapel 1  
10:45 a.m. — Chapel 2  
5 p.m. — Chapel 1  
**Tuesday-Friday**  
noon — Chapel 2

### Protestant

**Sunday**  
8:15 a.m. — Chapel 2 — Liturgical Service  
9:30 a.m. — Chapel 2 — Inspirational Service  
10:24 a.m. — Base Theater — Evangelical Service  
10:30 a.m. — Chapel 1 — General Protestant Service  
noon — Chapel 1 — Gospel Service

## MOVIES

Movie schedules are supplied by the Army and Air Force Exchange Service. Patrons should call the theater to verify movie titles, ratings, and running and start times.

### Keystone 634-1869

**Tonight:** "The Haunting," PG-13  
**Saturday:** "Barney's Great Adventure," G, and "The Haunting," PG-13  
**Sunday:** Closed for base function  
**Monday:** "The Sixth Sense," PG-13  
**Tuesday:** "The 13th Floor," R  
**Wednesday:** "The Rage: Carrie 2," R  
**Thursday:** "Deep Blue Sea," R  
**Aug. 27:** "Deep Blue Sea," R

### Butler 645-3465

**Tonight:** "Deep Blue Sea," R  
**Saturday:** "Doug's First Movie," G, and "Deep Blue Sea," R  
**Sunday:** "The Love Letter," PG-13, and "The Rage: Carrie 2," R  
**Monday:** "The Love Letter," PG-13  
**Tuesday:** "Austin Powers: The Spy Who Shagged Me," PG-13  
**Wednesday:** "Austin Powers: The Spy Who Shagged Me," PG-13  
**Thursday:** "The Sixth Sense," PG-13  
**Aug. 27:** "The Sixth Sense," PG-13

## VIDEO



New video release available each Tuesday at the base video stores. Because of shipping, release dates may vary.

**Aug 24**  
"Chameleon"  
"Earthly Possessions"  
"Go"  
"Mod Squad"  
"Mr. Murder"  
"Raising The Heights"

**Aug. 31**  
"The Jack Bull"

**Sept. 7**  
"Sometimes They Come Back Again"

# Kadena switching to new body fat measuring system

By Staff Sgt. Orville Desjarlais  
Kadena Shogun editor

Kadena officials are phasing in a new body fat measuring system that uses the Gullick Tape, a tool that has been around for several years and one the Air Force is adopting, to use with its new body composition measurement procedures.

By Oct. 1, gone will be the days of getting measured by orderly room personnel with the same tape seamstresses use to measure people for dresses or suits.

"The problem is when you place the responsibility of body-fat measurement on an individual with no background in exercise testing and evaluation, a few problems may occur," said Jason Ham, Kadena Health and Wellness exercise physiologist.

He said one problem was that the measuring tape was sometimes not placed on the correct anatomical site, such as the largest measurement of the hips on women. "This would throw off data that could possibly show an individual with higher

levels of body fat than was actually the case," Ham said.

Another problem arose with too much or too little tension applied to the measuring tape. "Different tension also would skew the results because of measurements being higher or lower than the actual measurement," Ham noted.

To solve those problems, the Air Force is requiring all body-fat measurements to be done in health and wellness centers where trained and qualified fitness professionals conduct the test.

The Gullick Tape is equipped with a tension regulator that keeps measurements consistent.

A metal cylinder containing a tension spring attached to the tape via a metal hook with a red mark on the stem of the hook indicates if the correct tension is applied during the measurement.

Ham said body taping is an effective measurement of relative fat in the human body. There are common anatomical sites where men and women store fat. For women, higher estrogen levels dictate fat distribution in the thigh, buttocks and

breasts. In men, fat tends to build up in the lower back and abdominal regions.

Health experts say that hypohydration, which is water and food restriction and diuretic use, as well as intentional dehydration, "sweating" off the water weight, have no significant effect on fat content.

"One heartburn that many people out there are feeling about the Gullick testing is an increase in the percentage of body fat," Ham said. "Again, this may be attributed to an incorrectly performed assessment in the orderly room and the lack of a tension-regulating device to ensure the proper measurement is attained."

For more information about



Photo by Staff Sgt. Orville Desjarlais

The Gullick Tape is being phased in by the Kadena Health and Wellness Center to measure body fat. The tension regulator on the right keeps the measurements consistent.

the new system, call the Kadena Health and Wellness Center at 634-2499.

It has recently moved to a new location in Building 428, the former Kadena Dental Clinic. The center is open from 7 a.m. to 4 p.m., Monday through Thursday.

## BRIEFS

### Air Force Golf Classic

The Banyan Tree Golf Course is having the Air Force Golf Classic Sept. 11. The tournament is a three-level, four-person, team net scramble event that will be conducted at 71 bases worldwide. Winning teams will advance to a regional tournament and the number of teams advancing will depend on the number of entries at base level. At the regional tournaments, the top teams will qualify for the finals in November at the Walt Disney World Resort in Florida.

"We're excited to bring our customers this one-of-a-kind, three-phase, worldwide tournament," said Col. Ivan D. Sobin, 18th Services Squadron commander. Kadena winners will advance to Hickam Air Force Base, Hawaii, Oct. 4 and 5. Their transportation and lodging to the regionals will be paid by us."

First-place winners at the finals will receive two American Airlines round-trip airline tickets per team player anywhere in the United States, plus \$300 Banyan Tree pro shop gift certificates per team player. Second-place winners will receive \$200 Banyan Tree pro shop gift certificates, while third-place winners will receive \$100 Banyan Tree pro shop gift certificates.

The registration deadline is Aug. 28 at the Banyan Tree Golf Course. For more information, call 634-1528.

### Health food basket drawing

The Kadena Commissary and Kadena Health and Wellness Center are having a drawing for two free healthy food baskets Aug. 31. The deadline for entries is Aug. 30. August is "Five Fruits and Vegetables a Day for Good Health Month." For more information, call 634-2499.

### Bowl to raise funds for Air Force Ball

A bowling tournament to raise funds for the Air Force Ball is set Aug. 27. The entry fee is \$8 per person, five people per team. A trophy will be awarded to the best score. Sign up no later than Aug. 20. For more information, call Annie Witt or

Elizabeth Aruja at 634-1967 or Tim Huff at 634-8041.

### Ladies golf club coffee

The Banyan Tree Ladies Golf Association is having a welcome coffee at the Tee House Restaurant at 9 a.m., Tuesday. All interested women golfers may attend. For more information, call Donna Soileau at 633-1369.

### 18th MSS golf tournament

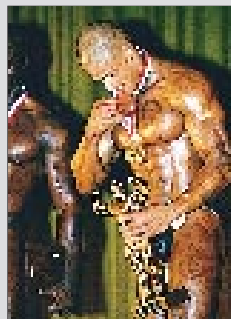
The 18th Mission Support Squadron and Kadena Airman Leadership School are sponsoring a four-person, best ball golf tournament at the Banyan Tree Golf Course at 7 a.m., Sept. 3. The entry fee for E-1s through E-4s is \$30, for E-5s and above it's \$35, for Master Labor Contract employees it's \$62 and for local nationals it's \$108. The entry fee includes 18 holes of golf and a cart. Prizes will be awarded to the top three finishers. Sign ups are being accepted at Building 715, the Airman Leadership School, until Sept. 1. For more information, call 634-3211/3245/3227.

### Roller hockey to start

The Okinawa Roller Hockey Association starts its fall season Sept. 11. Registration is being held until Monday at the Kadena Youth Center. The cost is \$40 per player and \$35 for each additional player from the same family. For more information, call 646-8888 or visit the ORHA web site at <http://w1.marinemwr.or.jp>.

### Tour De Okinawa Nov. 12-14

The 1999 Tour De Okinawa bicycle road race and bicycle road tour is being held Nov. 12, 13 and 14 in Nago. There are 13 categories, with entry fees ranging from ¥5,000 to ¥15,000. Application forms and a list of fees and categories are available at the Falcon Fitness Center. Applicants must pay in yen. Participants are asked to keep entry fees until a day before the race and copy all the application forms. Registration cards will be available Oct. 7 and are due at Nago City Hall one day before the race or tour starts. For more information, call 634-1128.



Photos by Senior Airman Susan Adams

First place finishers Donna Champion and William Session pose during Kadena's body-building contest Saturday.

## Kadena hosts body-building contest

A Kadena Body Building Competition was held in the Keystone Theater Saturday. Local body builder William Session, a senior airman in the 18th Civil Engineer Squadron, was selected the overall men's winner, in addition to placing first in the heavyweight division.

Donna Champion was the overall women's winner. Following are the standings.

Men			
Lightweight division		Light heavyweight division	
1st	Derrick Anderson	1st	Stephen Bishop
2nd	Bret Baker	2nd	Brannon Ellis
3rd	Tsunehide Honda	Heavyweight division	
Middleweight division		1st	Session
1st	Shawn Wolfe	2nd	Thomas Champion
2nd	Seichiro Harada	3rd	Anthony O'Neal
3rd	Donta Tanner		

Women		Heavyweight	
Lightweight division		1st	Melissa Lathrop
1st	Donna Champion		
2nd	Dawn Peay		
3rd	Syliva Guise		



# Ready for college?

NOW is the time for high school students to start preparing for a degree

Summer break is almost over and school is about to start. However, for those in high school, especially seniors, college is just around the corner. School counselors encourage high schoolers to start preparing now for their life in college.

Following are tips for college-bound students :



## General high school preparation:

- Take challenging classes in English, mathematics, science, history, geography, a foreign language, government, civics, economics, and the arts.
- Develop strong study skills.
- Start thinking about which high school classes will best prepare you for college.
- Investigate different ways to save money – buying a U.S. Savings Bond or opening a savings account in a bank, or open a mutual fund money market account.
- Start saving for college if you haven't already.
- Get to know your career counselor or guidance counselor. Discuss colleges and their requirements.
- Talk to adults in a variety of professions to determine what they like and dislike about their jobs and what education is needed for each kind of job.
- Become involved in school or community-based extracurricular (before or after school) activities that interest you to explore career interests.
- Take advantage of opportuni-

ties to visit colleges and talk to students.

- Consider people to ask for recommendations – teachers, counselors, employers, etc.



## 11th grade

- Take the Preliminary Scholastic Aptitude Test/ National Merit Scholarship Qualifying Test (PSAT/ NMSQT). You must register early. If you have difficulty paying the registration fee, see your guidance counselor about getting a fee waiver.
- Register for and take the Scholastic Aptitude Test (SAT), the ACT, Academic Tests, or any other exams required for admission to the colleges you might want to attend. If you have difficulty paying the registration fee, see your guidance counselor about getting a fee waiver.
- Decide which colleges most interest you. Write these schools to request information and an application for admission. Be sure to ask about special admission requirements, financial aid, and deadlines.
- Talk to college representatives at college fairs.
- Investigate the availability of financial aid from Federal, State, local, and private sources. Call the Student Aid Hotline at the U.S. De-

partment of Education (1-800-4FED-AID) for a student guide to Federal financial aid. Talk to your guidance counselor for more information.

- Investigate the availability of scholarships provided by organizations such as corporations, labor unions, professional associations, religious organizations, and credit unions.

- If applicable, go to the library and look for directories of scholarships for women, minorities, and disabled students.



## 12th grade

- Complete all necessary financial aid forms. Make sure that you fill out at least one form that can be used for Federal aid.
- Write colleges to request information and applications for admission. Be sure to ask about financial aid, admissions requirements, and deadlines.
- If possible, visit the colleges that most interest you.
- Register for and take the SAT, ACT, Achievement tests, of any other exams required for admission to the colleges to which you are applying. If you have difficulty paying the registration fee, see your guidance counselor about getting a fee waiver.
- Prepare your application carefully. Follow the instructions. Be sure to ask your counselor and teachers at least two weeks before your application deadlines to submit necessary documents to colleges, such as your transcript, letters of recommendation, etc.

## College Prep 101 web site

<http://home.okstate.edu/homepages.nsf/toc/first: College Prep 101>, a web-based course on how to prepare for college

## BRIEFS

### High school starts Sept. 8

Kadena High School classes begin Sept. 8 at 7:20 a.m. instead of Aug. 30 with the rest of the Okinawa Department of Defense Dependant Schools because of unfinished building renovations.

Welcome and orientation briefings take place at the Keystone Theater from 7:20-11 a.m., with seniors meeting Aug. 31, juniors Sept. 1, sophomores Sept. 2, and freshmen Sept. 3.

Class schedules will be distributed to all students during the briefings and the guidance staff will be available to assist with schedule concerns.

A new-student orientation is scheduled Sept. 7 from 7:20-10:30 a.m. at Kadena High School. For more information, contact the Kadena High School at 634-1712.

### Basketball Tournament

There will be a back to school basketball tournament during the week of Aug. 25-28 at Kadena's O'Connor Gym. All youth basketball players ages 11-17 are welcome including high school players.

Volunteer coaches and officials are needed to support this event.

Registration will be from Saturday to Aug. 16 at the O'Connor Gym. The fee is \$10 and up to eight players on a team.

For more information, call 634-1473.

### Teen Center Millennium: August schedule

**Aug. 20** – Island Night (ages 13-18) 7-11 p.m.

**Aug. 21** – Teen Fashion/Talent Show 7-11 p.m.; R&B Dance 9-11 p.m. (*postponed*)

**Aug. 22** – Closed

**Aug. 23** – NBA Jam Mix Tournament

**Aug. 24** – Jam Aerobics 5-6 p.m.

**Aug. 25** – Membership Night (free food) 4-6 p.m.

**Aug. 26** – Spades Tournament

**Aug. 27** – Movie Night 6-8 p.m.

**Aug. 28** – Open Recreation

**Aug. 29** – Closed

**Aug. 30** – Movie Night 6-8 p.m.

**Aug. 31** – Jam Aerobics 5-6 p.m.

## Teen Talk: What are you doing to prepare for the new school year?



**Ray Clemente,**  
Kadena High School  
9th grader

*"I've been going to Risner gym to practice basketball, and I'm doing homework so I can get my academics straight."*



**Jessica Bailey,**  
KHS 9th grader

*"I've been going to the library to read and ordering clothes from catalogs."*



**Sascha Ferkowitch,**  
KHS 11th grader

*"I'm shopping for school stuff, but mainly training for the basketball season."*



**Kattlyn Arreguin,**  
KHS 9th grader

*"I've been shopping for school clothes and supplies."*

Reporting by Rebecca Hasskamp. Supporting photos by Pamela Davis